

Race	Birchwood 10km
Distance	10km
Date	23/08/2015

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*
1	John Appleton	63	152	43.59	34.27
2	Kevin Cunningham	30	136	43.38	43.31

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*
1	Pam Appleton	61	583	56.36	42.43
2	Sonya Monaghan	47	276	48.20	43.51
3	Linda White	53	629	58.37	49.21
4	Rachel Wilcock	20	369	50.05	50.04
5	Rachel Bessley	22	381	50.35	50.35
6	Amy Corefield	22	413	51.16	51.15
7	Helena McGoldrick	52	716	01.01.55	52.49
8	Janet Holmes	61	915	01.17.37	58.35

Points
5
5

Points
10
9
8
7
6
5
4
3